



Amalgam is a safe, durable filling material.

Dental amalgam is considered a safe, long-lasting, and versatile tooth restorative material that has been in use for more than 150 years and has restored the teeth of more than 100 million Americans.

Dental amalgam contains a mixture of metals such as mercury, silver, copper, and tin, which chemically bind together into a hard, stable and safe substance. Concern about amalgam's mercury content is unfounded. Dental amalgam has been studied and reviewed extensively, and has established a record of safety and effectiveness.

A comparison of dental amalgam to other restorative materials can be found in the California Dental Materials Fact Sheet.

Major health organizations agree that dental amalgam is safe.

The California Dental Association looks to the federal and international public health agencies to determine the safety of all products used in the practice of dentistry. The U.S. Food and Drug Administration, U.S. Public Health Service, World Health Organization, U.S. Centers for Disease Control and Prevention, National Institutes of Health, the National Institutes of Dental and Craniofacial Research (NIDCR), and U.S. Department of Health and Human Services all agree that based on extensive scientific evidence, dental amalgam is a safe and effective cavity-filling material. These public health organizations continue to review and monitor the literature and research to ensure the safety of the public. However, no valid scientific evidence has ever shown that amalgam is harmful to patients with dental restorations.¹

The mercury found in water that can build up in fish and lead to health problems if you ingest too much is not the same type of mercury used in amalgam. The mercury in amalgam is contained, or sequestered, within the filling. A variety of research studies have shown that the levels of mercury in people who have amalgam fillings are well below the point at which mercury may cause health problems.²

The World Health Organization and World Dental Federation have stated that "no controlled studies have been published demonstrating systemic adverse health effects from amalgam restorations. Amalgam restorations are durable and cost-effective; they are, however, not tooth-colored."³

According to Consumer Reports, "As far as we know in this well-studied area, your silver amalgam fillings are doing you no harm. If you need new fillings for your back teeth, amalgams remain the cheapest, most durable choice."⁴

Amalgam is not linked to disease.

Authoritative medical organizations (outside of dentistry) have independently reviewed the scientific literature related to neurological, degenerative, autoimmune and psychological syndromes looking at dental amalgam as a causative agent – and found nothing:

- Alzheimer's Association⁵
- American Academy of Pediatrics⁶
- Autism Society of America
- Lupus Foundation of America⁷
- Mayo Clinic
- National Multiple Sclerosis Society

CDA supports dental amalgam as a valuable and safe choice for dental patients and encourages and supports continued research and constructive dialogue with organizations and individuals that further public health and environmental quality goals.

¹ FDA Consumer Update, December 31, 2002.

² "Amalgam is a Safe and Durable Choice for Fillings", 2013, Mayo Clinic. <http://newsnetwork.mayoclinic.org/discussion/amalgam-is-a-safe-and-durable-choice-for-fillings/>. Accessed on 5/19/17

³ WHO Consensus Statement on Dental Amalgam. FDI World Dental Federation. FDI World 6 (6), 9. Nov-Dec 1997.

⁴ "Worried about mercury in your teeth?" Consumer Reports on Health, September 2015.

⁵ Alzheimer's Association. "Alzheimer's Myths." http://www.alz.org/alzheimers_disease_myths_about_alzheimers.asp. Accessed May 19, 2017.

⁶ Goldman LR, Shannon MW, Technical Report: Mercury in the Environment: Implications for Pediatricians. Pediatrics 108(1):197-205, 2001.

⁷ Lupus Foundation of America Website, "What causes Lupus" <http://www.resources.lupus.org/entry/what-causes-lupus>, Accessed May 19, 2017